



**June
2019**

**Lynn Council on
Aging**

**8 Silsbee Street
Lynn, MA 01901**

781-599-0110

LYNN COUNCIL ON AGING SENIOR CENTER

From the Director's Desk

Joy for June! Let's hope it's a sunny one; so much so that we don't even remember the rains of May! We were very busy in May bringing you many new activities. For June, we'd like to continue and promote June as the Month of Joy! Joy can be simple. For example, I bought myself a brand new pair of Sketchers sneakers. They're blue. They're comfortable! The inside feels like squishy gel clouds. I try to give my feet a break from dress shoes so I look for sneakers that'll pass as professional shoes. Well, my new shoes squeak. I'm walking to a meeting. The sidewalk is dry and my soles of my sneakers squeak! I listened to the beat of the squeak and created a walking song. I had a full out dance party in the street. Just a squeak song that entertained me while I was walking. There's nothing wrong with squeaky shoes until it's late at night and you're headed to the cookie jar. I ask you also, why are cookie wrappers so loud!? I can't even sneak a snack! Mark your calendars for June 13th. We're celebrating Father's Day with an omelet breakfast. And let us know if you have any squeaky shoe stories that bring joy and laughter to our center!

~Stacey Minchello

From Your Mayor

The Summer Solstice is fast approaching on June 21st and we look forward to enjoying warmer weather and longer days. I hope that you take the time to soak up the sunshine, enjoy the fresh air and visit our parks and beaches. We will be jointly hosting the fireworks display on Red Rock with the town of Swampscott on July 3rd. This day also marks the beginning of the Summer Concert Series at Red Rock with Lois Lane and Daily Planets playing right before the fireworks display. To view the concert schedule for the remainder of the summer, please visit http://www.ci.lynn.ma.us/attractions_redrock_concerts.shtml

With the end of the school year fast approaching, I look forward to celebrating graduation with our city's high school seniors. We wish them luck during this exciting time as they transition to college, the military or the workforce. We would like to welcome home the college students who are returning for the summer and encourage them to attend the upcoming summer events the city is offering!

Shows coming to the auditorium in June include: The Ultimate Queen Celebration on June 1st, Kool and the Gang on June 2nd, Brian Wilson Presents: Pet Sounds The Final Performance on June 7th, Happy Together 2019 Tour on June 13th, and Tyler Henry the Hollywood Medium on June 23rd. The following movies will be playing in the Auditorium: Andy Iron's Kissed by God and Gimme Shelter: the Rolling Stones Uncut. Unseen. Unsurpassed. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.

Last month we participated in the unveiling of the recently renovated Cobbett Hill Apartment building. On May 31st, we showed the Concert Movie Monterey Pop at the Lynn Auditorium. As you can see the city is buzzing with activity. I continue to work hard to ensure that Lynn is a place where we can all live, work and play.

Wishing all fathers and grandfathers a Happy Father's Day! Hope you enjoy your day surrounded by family and friends.

~Mayor Thomas M. McGee

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Lynn Council on Aging Senior Center

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Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello

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ebrown@glss.net

Rosa Paulino-Diaz

Activities Assistant ext. 625

rpaulinodiaz@glss.net

Hours of
Operation:

Monday thru Friday

8 a.m. to 4 p.m.

LCOA Board of Directors

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Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble

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Ellen Cash

Recording Secretary

George Harvey

Membership Secretary

Meets last
Thursday of the
month @ 9:45

Meeting Dates: June 27 September 26

Considering joining the FRIENDS? Come visit us and see what we're all about
Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:
www.ci.lynn.ma.us

Click City Hall

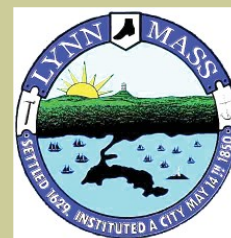
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

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WWW.FACEBOOK.Com/LYNNSENIORCENTER

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~Dr. Harvey Berger

Thank you for your donation!
~ Sophie Karoumpalis



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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Person's Name: _____

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HARBOR
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APARTMENTS

CASINO TRIPS

Twin Rivers Casino Tuesday June 18th \$25

10:30am—8:00pm



Coach bus departs from senior center promptly at 10:30am. Please arrive no later than 10:00am. Bus will leave casino at 6:30pm and arrive back at the Senior Center at 7:45pm. Please book rides for 8:00pm. Price includes: \$7 food credit & \$10 casino bonus.



No refunds unless we are notified 24 hours in advance & we sell your seat.

Foxwoods Casino Tuesday July 16th \$34

Coach bus departs from senior center at 6:30am and returns at 6:30pm. Please arrive no later than 6:00am. Book rides for 6:30pm. Price includes \$10 meal voucher and free slot play. No refunds unless we are notified 24 hours in advance & we sell your seat.

AMAZON SMILE

Do you or someone you know purchase items through Amazon.com? Did you know that if you use smile.amazon.com, Amazon will donate part of your purchase to the FRIENDS of the LCOA? It will not cost you anything!

Just follow the link below:

<https://smile.amazon.com/ch/04-2900242>

Use smile.amazon.com for all of your purchases to support the Lynn Council on Aging.

DANCE WITH JOY!



Love to dance? Need to reduce stress? Join us!

FREE!

Thursdays 9:00-9:45

Led by Nancy Deluth

A creative movement experience that combines dance, yoga, and meditation. Can be done seated or standing.

UKULELE CLUB



Every Tuesday 9:00am—10:00am

Activities room **FREE!**

Beginners and experienced players welcome

Instruments provided by Senior Center

Instructor Matthew McConeghy

ZUMBA GOLD

Zumba will take a break starting June 6th. It will resume September 12th.

GARDENING CLUB

June 4th & June 18th 9:30am—11:30am

Get outside and help The Food Project provide fresh produce to the community.

Walking, bending, lifting will be necessary.

Receive vouchers to the Farmer's Market in exchange for your help!

If interested, please contact Erica Brown to sign up at 781-586-8618.

Make new friends, exercise, and spend some relaxing time gardening in this brand new club!

COUNCIL ON AGING DAY AT SEA

Thurs, SEPTEMBER 5th \$79.00

Gloucester Lobster Luncheon & Cruise with Entertainment

New England clam chowder, steamed lobster, BBQ chicken, corn on the cob, potatoes, and dessert PLUS each guest would receive either one glass of wine, domestic beer or signature cocktail

Trip info:

Bus leaves the Lynn Senior Center- 8 Silsbee Street, Lynn- 10 am prompt

Board boat at 11:00am—sail until 2:00pm

Return to Lynn approximately 3:30 pm

Limited seating-RESERVE EARLY -SEATS SELL QUICKLY

No refunds unless your seat is sold

Lynn seniors- reservations and payments Lynn Senior Center- 781-586-8503

Nahant seniors- reservations and payments Nahant Senior Center-781-581-7557

Saugus seniors- reservations and payments Saugus Senior Center-781-231-4178

Salem seniors- reservations and payments Salem Senior Center-978-744-0924

Name _____ tele _____

Address _____

Emergency contact name _____

tele _____

Payment: Cash Check

Reservation # _____ Lynn Nahant Saugus Salem

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Juice

Wide Screen Plasma Home Theatre System

June 5	Some Like It Hot	1959	NR	2h 2m
June 12	First Man	2018	PG13	2h 21m
June 19	A Star Is Born	2018	R	2h 16m
June 26	Solo: A Star Wars Story	2018	PG-13	2h 15m



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



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ADAPTIVE HOMES

JUNE HAPPENINGS

- Mon Jun 3** Independence Day Cook-in tickets on sale 9:00am
- Mon Jun 3** **Bingo Bonanza!** \$11 games 1:00pm
9 cards-paper sheets only
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue Jun 4** June Birthday Celebration 12:45pm—1:00pm
- Tue Jun 4** **Gardening Club** 9:30am—11:30pm
Sign up required—see page 5 for more information
- Wed Jun 5** **Field Trip: Jimmy Fund Scooper Bowl** \$11
11:00am—3:30pm
- Tue Jun 11** **Field Trip: Castle Island** \$3
9:30am—2:30pm
- Wed Jun 12** Supper Club \$2
4:00pm—5:00pm
- Thu Jun 13** Father's Day Omelet Breakfast \$3
8:00am—9:00am
- Thu Jun 13** Ice Cream Social \$0.50 1:30pm
Sponsored by: FRIENDS of the LCOA
- Mon Jun 17** Bingo Bonanza! \$11 games 1:00pm
9 cards-paper sheets only
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue Jun 18** **Gardening Club** 9:30am—11:30pm
Sign up required—see page 5 for more information
- Tue Jun 18** **Casino Trip: Twin Rivers Casino** \$25
Reservation required: see page 4 10:30am—8:00pm
- Thu Jun 20** **Field Trip: Salem Willows** \$3
11:00am—1:30pm
- Fri Jun 21** **Brown Bag** 9:00am—12:00pm
Sponsored by Greater Boston Food Bank
- Fri Jun 28** Cogniciti Brain Health Workshop FREE
Please sign up with Rosa or Erica 9:30am—10:30am

Please note, all trips must be paid for and reserved in advance, and unless otherwise specified, lunch is paid for on your own. Payment covers transportation costs.

JIMMY FUND SCOOPER BOWL

Wednesday, June 5th

11:00am—3:30pm

\$11

Enjoy all you can eat ice cream while supporting The Jimmy Fund's goal to cure cancer!

Price includes ticket to event and transportation.

12 different companies service over 55 flavors of ice cream and live entertainment.

Please reserve your seat with Rosa 781-586-8625 or Erica 781-586-8618

ANNUAL INDEPENDENCE DAY COOK-IN

Wednesday, July 3rd

11:00am—2:00pm.

Live entertainment by Four Guys in Tuxes

Tickets \$4 per person.

Sponsored by: The FRIENDS of the Lynn Council on Aging
Tickets on sale June 3rd while supplies last—waitlist available

Senior center membership required (sign up that day)

50/50 raffle winner pulled at 1:00pm

Senior Center will close after.

Please plan your ride for 2:00pm

FATHER'S DAY OMELET BREAKFAST FUNDRAISER

Thursday, June 13th

8:00am—9:00am

\$3 Seniors

\$5 Public and Staff

Loaded omelets, breakfast sausage or bacon, & juice

RED SOX GAME

Thursday, July 18th

1:05 Game vs. Toronto Blue Jays

\$74 includes transportation, tickets, and staff guidance around Fenway

Busses depart from Senior Center at 11:15am and return at 5:45pm

Reserve your seat with Rosa 781-586-8625 or Erica 781-586-8618

No refunds

FARMER'S MARKET COUPONS

Weds, Aug 14th

9 am –12pm

Lynn Senior Center

DOORS OPEN at 7:30 am

Be sure to get a call number upon arrival MUST bring ID & proof in person:

Lynn, Lynnfield, Nahant, Saugus or Swampscott residents only

60 years of age or older

Benefit eligible (MassHealth, Medicaid, food stamps, fuel or housing assistance)

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Wellness Watch June 2019

What do you mean by 'well-being coping'?

The theory of well-being coping is outlined in the book Flourish by Martin Seligman.

Well-being is both the subjective experience of feeling good and also the very real experience of experiencing meaning in your life, healthy relationships, and a sense of personal accomplishment. Basically, well-being theory says that there are five elements that work together to contribute to personal well-being.

Elements of well-being:

(1) Positive Emotions: Even though you may feel far from having a positive view of life, there are things you can do to generally increase positive emotion. For example, you can:

Assess whether your current outlook is excessively negative.

Give yourself permission to feel positive emotion.

Ask yourself: What types of things do I enjoy? What makes me laugh? What makes me feel hope and optimism? What creative outlets do I enjoy? What makes me feel intellectually stimulated?

Do more of these things.

(2) Engagement: Engagement is concerned with activities that allow you to experience a sense of "flow". Engagement encapsulates activities that fully absorb you in the present moment, grabbing your whole focus, and creating the sense that time is flying by. What a person considers engaging depends on the individual and can include things like sports, music, cooking, photography, woodworking, reading, crossword puzzles...you name it. Whatever activities feel most engaging to you – do more of them!

(3) Relationships: People are social animals and, regardless of whether you identify as an introvert or extrovert, you need social connection. Identify your support system and nurture these relationships. If you find that your social support is lacking, reach out and get connected with those in your community.

(4) Meaning: Meaning speaks to a person's purpose in life. Unfortunately, this is one area that is particularly impacted by grief and loss. That said, this area may become redefined as you cope directly with your grief-related emotions and experiences. Coping that may be helpful in enhancing a sense of meaning and/or guiding the search for meaning include:

Journaling

Reading

Connecting with your faith

Gratitude journaling

Talking through things with a counselor, friend, or support group

Volunteering (perhaps with a cause your loved one supported)

Advocacy (perhaps related to your loved one's death)

(5) Accomplishments: Accomplishments refer to personal achievements that give you a sense of satisfaction and pride. These don't necessarily have to coincide with outward accolades, awards, or titles, although they can. Something can be considered an accomplishment if it simply gives you a feeling of gratification knowing you succeeded, survived, or finished. Your accomplishments and what you would like to accomplish is very specific to you.

FREE NUTRITION COUNSELING

Do you have type 2 diabetes or chronic kidney disease?

Do you have a red, white and blue Medicare card?

If so, you're eligible for FREE nutrition counseling! As part of this service, you'll meet with a GLSS Registered Dietitian, and learn more about how what you eat affects your health.

If you're interested, call Ben at 781-586-8687. Ellen at 781-586-8688

SENIOR CENTER ACTIVITIES • May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12:0 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII
9:30-11:00 KNITTING & CONVERSATION	9:00 - 10:00 UKULELE CLUB	9:00 – 1:00 HAIR SALON	9:00-9:40 DANCE WITH JOY	9:30-11:00 KNITTING & CONVERSATION
10:00-11:00 TAI CHI (2nd & 4th MON)	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	11:00-12:00 LUNCH
11:00-12:00 LUNCH	9:15-10:45 POKENO	11:00-12:00 LUNCH	8:00-11:00 KIOSK (IN2L)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 MOVE SAFE CLASS	11:00-12:00 LUNCH	11:30-12:15 EXERCISE CLASS (\$5)	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	1:00-2:45 BINGO
1:00-2:45 BINGO	12:00-2:45 POKENO	1:00 – 3:00 MOVIE	11:00-12:00 LUNCH	
	1:30 BILLIARDS CLUB	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
			1:00-2:00 ZUMBA GOLD	
			2:00-3:00 HORSE RACING	

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- Accepting applications



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Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

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FROM THE GARDEN

F	K	R	V	S	N	A	E	B	A	M	I	L	T	S	L	N
E	K	O	H	C	I	T	R	A	R	P	Y	R	T	L	T	S
S	R	X	M	P	V	H	R	P	E	O	R	C	K	I	X	Q
T	R	A	D	I	S	H	P	A	T	Y	C	C	M	T	M	U
O	P	L	R	Q	B	L	S	C	G	T	G	C	K	N	H	A
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T	O	T	U	P	N	R	Z	P	N	A	Q	P	R	H	W	A
V	T	P	Q	I	Z	Y	Y	O	E	J	C	G	S	R	V	C
N	A	Q	P	Z	A	K	W	L	L	R	G	Y	Q	A	M	L
L	T	S	Z	M	N	S	N	A	E	B	N	E	E	R	G	J
V	O	R	S	L	K	C	U	C	U	M	B	E	R	R	G	N

ARTICHOKE	ASPARAGUS	BEETS	BROCCOLI	CABBAGE
CARROTS	CAULIFLOWER	CELERY	CORN	CUCUMBER
GREEN BEANS	LENTILS	LETTUCE	LIMA BEANS	
ONION	PEAS	PUMPKIN	RADISH	RED PEPPER
SHALLOTS	SPINACH	SQUASH	SWEET POTATO	YAMS

June 2019 Lunch Menu

Greater Lynn Senior Services COMMUNITY CAFE MENU –JUNE 2019

GLSS NUTRITION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Honey balsamic chicken (330) Rice pilaf (206) Calories-661 Sodium-721 ALTERNATIVE Chicharron(pork)-310 Calories-738 Sodium-691	4 Potato Pollock/ sauce(355) Sweet potato(304) Calories-793 Sodium-1107 ALTERNATIVE Cheese quesadilla (300) Calories-652 Sodium-804	5 Beef hot dog/roll (886) * Baked beans (140) Calories-773 Sodium-1328** ALTERNATIVE Veggie burger/roll (550) * Calories-600 Sodium-583	6 Chicken pot pie (570) * Mashed potato (109) Calories-653 Sodium-922 ALTERNATIVE Macaroni and cheese(520) * Calories-775 Sodium-956	7 Cobb salad (chicken, egg, bacon) (423),potato salad (311) Calories-610 Sodium-806 ALTERNATIVE Egg/ cheese croissant (410) Calories-772 Sodium-1179
10 Teriyaki chicken meatballs-479 Veggie blend/ mushrooms (4) Calories-729 Sodium-799 ALTERNATIVE Honey mustard pork (195) Veggie blend/ mushrooms (4) Calories-781 Sodium-516	11 Stuffed shells/sauce (505)* Tossed salad/ dressing (62) Calories-741 Sodium-893 ALTERNATIVE Chicken/rice (250) Tossed salad/ dressing (62) Calories-740 Sodium-600	12 Cold roast beef/ salad (120) Soup /crackers (215) Calories-807 Sodium-636 ALTERNATIVE Chicken stew (190) Rice (5) Calories-647 Sodium-520	13 <u>Father's Day Special</u> BBQ chicken Baked beans Macaroni and cheese Peach and blueberry cobbler Dinner roll Calories-826 Sodium-1149	14 Lemon citrus chicken (350) Red bliss potato (5) Calories-600 Sodium-763 ALTERNATIVE Beef/chimichurri (140) Rice/pigeon peas (83) Calories-734 Sodium-519
17 Chicken meatball sub (645)* Caesar salad/dressing (262) Calories- 765 Sodium-1217** ALTERNATIVE Coconut curried fish (270) Calories-754 Sodium-1012	18 Roast turkey/gravy (487) Mashed potato (109) Calories-727 Sodium-1140 ALTERNATIVE Veggie Shepherd's pie (200) Calories-640 Sodium-750	19 Pork rib/ BBQ sauce (449) Butternut squash (20) Calories-652 Sodium-769 ALTERNATIVE Oven fried chicken (440) Calories-680 Sodium-759	20 Egg salad/hot dog roll-520 Potato salad(311) Soup(204) Calories-633 Sodium-1180 ALTERNATIVE Haitian chicken stew (250) Calories-740 Sodium-652	21 Chicken fajita (275) Spanish rice/beans (83) Calories-763 Sodium-665 ALTERNATIVE Seasoned pork (140) Calories-800 Sodium-650
24 Salmon/dill sauce(140) Garden salad (62)Potato-109 Calories-900 Sodium-780 ALTERNATIVE Chicken stew/yucca (190) Calories-862 Sodium-662	25 Tarragon chicken salad (350) Tomato/ cucumber salad (19) Calories-753 Sodium-900 ALTERNATIVE Cheese pizza (340) Calories-617 Sodium-705	26 Lasagna/sauce (405) Soup/crackers (70) Calories-712 Sodium-794 ALTERNATIVE Veggie stuffed pepper (100) Calories-650 Sodium-520	27 BBQ chicken (223) Sweet potato wedges (187) Calories-700 Sodium-1048 ALTERNATIVE Seasoned ground beef (100) Calories-796 Sodium-702	28 Hamburger/roll (626)* Red bliss potato (8) Calories-779 Sodium-890 ALTERNATIVE Baked pork (106) Calories-703 Sodium-478
MENU SUBJECT TO CHANGE WITHOUT NOTICE				
HAPPY FATHER'S DAY! ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM (more than 500mg-per serving). MEALS MARKED ** ARE HIGH SODIUM (more than 1200MG per meal).				
NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL,INCLUDING MILK,BREAD,MARGARINE AND DESSERT.				

Hair Salon

SOPHIE'S SALON

WED & FRI

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

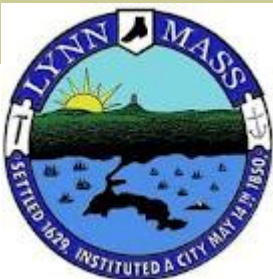
WALK-IN OR APPOINTMENTS

APPOINTMENTS PREFERRED

KIOSK FOR LIVING WELL

TUESDAYS 9:00-11:00
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

PODIATRIST



TUE June 4 & THU June 20

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD PRESSURE CHECKS

1st & 3rd Thu 8:00am—9:00am

2nd Tue & 4th Thu 9:00am—11:00am



PHONE ASSISTANCE BY APPOINTMENT ONLY

Tue & Wed

2:00pm—3:00pm

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

RETURN SERVICE REQUESTED

NON-PROFIT
U.S. POSTAGE

PAID

LYNN, MA
PERMIT NO. 56